



## Cinnamon Oatmeal Banana Bread Skillet

**QUAKER**

Servings: 4 | Prep Time: 10 minutes | Cook Time: 15 Minutes

# Cinnamon Oatmeal Banana Bread Skillet

Brought to you by Keri  
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## Ingredients

- 2 teaspoons coconut oil
- 2 cups Quaker® Old Fashioned Oats
- 1 tablespoon ground flax seed
- 1 teaspoon baking powder
- 2 tablespoons chia seeds
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ cup chopped pecans or walnuts
- 2 large, overripe bananas
- 1 large egg
- 1 teaspoon vanilla extract
- Optional: honey or maple syrup for drizzling



## Preparation

1. Preheat your oven to 350°F. Coat your skillet with coconut oil and place into oven to preheat.
2. In a mixing bowl, combine the oats, flax seed, baking powder, chia, cinnamon, and nuts.
3. In a separate bowl, use a fork to mash the bananas. Add the egg and vanilla extract. Stir until well combined.
4. Add the wet mixture into the dry, and mix until well combined.
5. Remove preheated skillet from the oven and pour in banana oatmeal, smoothing until even.
6. Bake for 10–15 minutes. Cut into 4 slices to serve.
7. Excess can be stored in the fridge or freezer, and reheated to enjoy!

## NUTRITION FACTS (PER SERVING):

390 calories, 19 g fat, 4 g sat fat, 50 mg cholesterol, 440 mg sodium, 49 g total carb, 10 g fiber, 10 g sugar, 10 g protein, 10% DV calcium, 2% DV vitamin D, 6% DV vitamin C, 2% DV vitamin A, 10% DV potassium, 20% DV iron, 30% DV thiamin, 30% DV magnesium, 0 g added sugar

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